SPORTLINE® S7

S7
HEART RATE + CALORIE MONITOR

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INTRODUCTION

Congratulations on your purchase of a Sportline Personal Fitness Monitor. Please keep in mind; your watch is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

HOW TO USE THIS MANUAL

Sportline Personal Fitness Monitors have many unique features and functions. Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the field. Proper setup and operation will greatly enhance the watches usefulness and your enjoyment.

The manual is divided into sections outlining each of the major functions of the watch. A drawing of the watch screen that represents the starting point or other important screens for each operational process are shown adjacent to the instructions for the process; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

ACTIVATING THE WATCH FROM POWER DOWN MODE

PLEASE NOTE: Your watch was originally shipped in Power Down Mode to conserve battery life.

To deactivate Power Down mode: **PRESS & HOLD HEART RATE SENSOR** for 5 seconds (see page 8 for more information on Power Down mode).

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WARNINGS & CAUTIONS

WARNING: Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

CAUTION: Your watch is designed to be water resistant to a static pressure of 5 ATM and can be worn while showering and light swimming. However, we recommend that extensive use of the unit in the water be avoided whenever possible. Care should be taken not to press any keys while the unit is submerged as this can force moisture past the key seals and damage the unit.

CAUTION: Avoid exposing your watch to extreme conditions for a prolonged period of time.

CAUTION: Avoid rough usage or severe impacts to your watch.

DO NOT use hand cream as it will insulate the signal between the skin and sensor contacts.

DO NOT use the fingertips where the skin is dry and thick. For those with extremely dry skin, moisten fingers and wrist with tap water or a conductive gel.

CLEAN the Back Cover occasionally by using a damp cloth. Then wipe dry to remove any residual grease.

CLEAN your skin and fingers with soap and water for a better signal transmission.

AVOID doing awkward motions during measurement. It may create inaccurate heart rate readings.

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CARE & MAINTENANCE

- **NEVER** attempt to disassemble or service your unit.
- **DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- **DO NOT** drop or step on the watch.
- **TO CLEAN THE UNIT:** wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellents, as they may damage the unit's seal, case and/or finish.
- **STORE** the unit in a dry place when you are not using it.

CUSTOMER SUPPORT

If you experience any problems with this product or have questions, please first contact our Customer Service Team at 1-866-694-4575. We are ready to help.

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WATCH FUNCTIONS

TIME
- Time/Day/Date/Month
- 12-/24-hour formats
- Daily Alarm

HEART RATE
- ECG Accurate Heart Rate
- Calorie Consumption

EXERCISE TIMER
- 1/100 second resolution
- 100-hr

CHRONOGRAPH
- 10-hr
- 1/100 second resolution

COUNTDOWN TIMER
- 10-hr
- 1-second resolution

OTHER
- EL Backlight System
- Water Resistant 50m (165ft)

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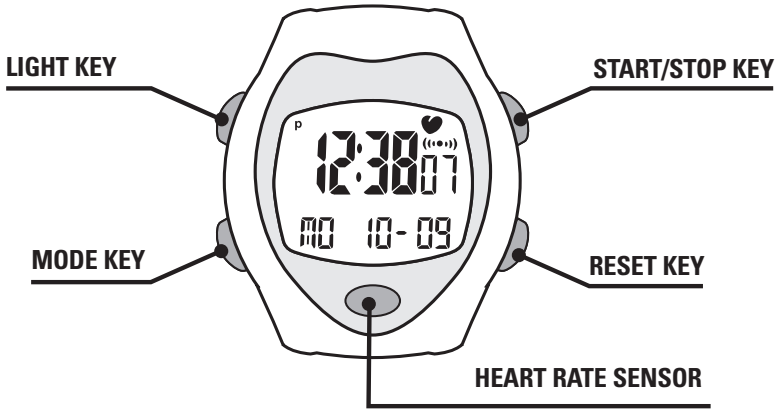
KEYS AND THEIR FUNCTIONS



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KEYS AND THEIR FUNCTIONS

MODE KEY
- Scroll through operating modes
- Advance through variables in setting sequence
- **PRESS & HOLD:** Enter/Exit the programming sequence
- Exit Finger Touch Heart Rate mode

START/STOP KEY (S/S)
- Start/Stop Chronograph
- Start/Stop Calories/Exercise Timer
- Start/Stop Countdown Timer
- Increase setting values during programming sequence

RESET KEY (R)
- Reset Calories/Exercise Timer, Chronograph & Countdown Timer
- Decrease setting values during programming sequence

HEART RATE SENSOR
- **TOUCH & HOLD:** Activates Heart Rate

LIGHT KEY
- Activates (EL) backlight system

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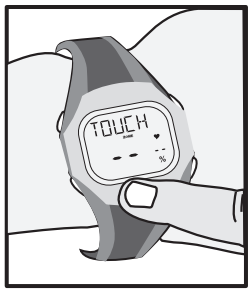
ACQUIRING HEART RATE

ACQUIRING HEART RATE: FINGER TOUCH

Heart rate may be acquired from any operating mode (not in any Setting Sequence).

1. With the watch attached to your wrist, **TOUCH & HOLD** the **HEART RATE SENSOR** with your index finger.
   NOTE: *You may exit Heart Rate mode at any time by Pressing the Mode, Start/Stop or Reset key.*
2. Continue **TOUCHING & HOLDING** until heart rate displays.
3. Once Heart Rate is acquired, **RELEASE THE SENSOR**. Heart Rate will continue to display for a period of approximately 5 seconds.



NOTE: *The Monitor displays both actual heart rate (in beats per minute) and percent of estimated maximum heart rate.*

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MAIN OPERATING MODES

POWER DOWN MODE

Power Down mode allows you to conserve battery life by deactivating the unit when the monitor is not being used for long periods of time. To activate Power Down mode:

1. In Time mode, **PRESS & HOLD** the **MODE, STOP/START & RESET** keys for 5 seconds. The display will go blank.
2. To deactivate Power Save mode and resume normal operation, **PRESS & HOLD HEART RATE SENSOR** for 5 seconds.

   NOTE: *All Time & Personal Profile and Memory settings will be lost.*

VIEWING THE BACKLIGHT SYSTEM

The Sportline S7 is equipped with an electroluminescent (EL) Backlight System for viewing the display in low light conditions. To operate the Backlight:

PRESS the **LIGHT** key. Backlight will illuminate for approximately 5 seconds.

NOTE: *Excessive use of Backlight System may significantly reduce battery life.*

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MAIN OPERATING MODES

The Sportline S7 has 6 main operating modes: Time, Personal Profile, Alarm, Chronograph, Countdown Timer and Calories/Exercise Timer. Scroll through main modes by **PRESSING** the **MODE** key. Acquire Finger Touch Heart Rate by **TOUCHING & HOLDING** the **HEART RATE SENSOR** in any operating mode.

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SETTING & OPERATING THE WATCH

SETTING TIME AND DATE

In this Programming Sequence, you will program the Time & Calendar functions.

1. In Time mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence. The variable being adjusted will flash on and off.
2. Reset Seconds to zero (00) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Advance to Set Minutes by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING S/S** (to increase) or **R** (to decrease). Set Minutes and advance to Set Hour by **PRESSING** the **MODE** key.
4. Adjust Hour by **PRESSING S/S** or **R**. Set Hour and advance to Set Year by **PRESSING** the **MODE** key.
5. Adjust Year by **PRESSING S/S** or **R**. Set by **PRESSING MODE**.
6. Adjust Month by **PRESSING S/S** or **R**. Set by **PRESSING MODE**.
7. Adjust Day by **PRESSING S/S** or **R**. Set by **PRESSING MODE**.
8. Adjust date format (month - day or day - month) by **PRESSING S/S** or **R**. Set Format by **PRESSING MODE**.
9. Adjust 12/24-hour format by **PRESSING S/S** or **R.** Set Format by **PRESSING MODE**.
10. Turn Key Beep ON or OFF by **PRESSING S/S** or **R.** Set by **PRESSING MODE**.
11. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence & resume Operating mode.

ADJUST: S/S or R

SET: MODE

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SETTING & OPERATING THE WATCH

SETTING PERSONAL PROFILE

The Sportline S7 uses an advanced algorithm based on your Personal Profile to estimate your maximum heart rate and calculate calories burned. This sequence must be completed to ensure accuracy of the watch's functions.

1. In Personal Profile mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence. The variable being adjusted will flash on and off.
2. Adjust Age by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Advance to Set Gender by **PRESSING** the **MODE** key.
3. Select Gender (M=male, F=female) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set Gender by **PRESSING** the **MODE** key.
4. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence & resume Operating mode.

ADJUST: S/S or R

SET: MODE

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SETTING & OPERATING THE WATCH

SETTING DAILY ALARM

The Sportline S7 features a Daily Alarm. To set Alarm:

1. In Alarm mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence.
2. Adjust Hour by **PRESSING START/STOP (S/S)** or **RESET (R)**. Set by **PRESSING MODE**.
3. Adjust Minutes by **PRESSING S/S** or **R**. Set by **PRESSING MODE**.
4. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Time mode.
5. Turn Alarm ON or Off by **PRESSING** the **START/STOP (S/S)** key. The Alarm icon (((•))) will be visible when activated.
6. Turn Hourly Chime ON or Off by **PRESSING** the **RESET (R)** key. The Chime icon (◁) will be visible when activated.

ON/OFF: S/S

ADJUST: S/S or R

SET: MODE

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SETTING & OPERATING THE WATCH

OPERATING THE CHRONOGRAPH
To operate the Chronograph:

1. To START timing, **PRESS** the **START/STOP (S/S)** key.
2. To STOP timing, **PRESS** the **S/S** key.
3. To RESET the Chronograph, **PRESS & HOLD** the **RESET (R)** key.

START/STOP TIMING:
PRESS S/S

RESET:
PRESS R

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SETTING & OPERATING THE WATCH

SETTING THE COUNTDOWN TIMER

The Sportline S7 is equipped with a 100-hour Countdown Timer. To set Timer:

1. **PRESS & HOLD** the **MODE** key in Timer mode.
2. Adjust Seconds by**PRESSING START/STOP (S/S)** or **RESET (R)**. Set by **PRESSING MODE**.
3. Adjust Minutes by **PRESSING S/S** or **R**. Set by **PRESSING MODE**.
4. Adjust Hours by **PRESSING S/S** or **R**. Set by **PRESSING MODE**.
5. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Timer mode.

ADJUST: S/S or R

SET: MODE

OPERATING THE COUNTDOWN TIMER

To operate the Timer:

1. To START timing, **PRESS** the **START/STOP (S/S)** key.
2. To STOP timing, **PRESS** the **S/S** key.
3. To RESET the Timer, **PRESS & HOLD** the **R** key.

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OPERATING CALORIES/EXERCISE TIMER

The Sportline S7 uses an advanced algorithm based on your Personal Profile to estimate your maximum heart rate and calculate calories burned. The monitor displays Total Exercise Time and Calories Burned (CA). To operate Calories/Exercise Timer:

1. To START timing, **PRESS** the **START/STOP (S/S)** key.
2. To STOP timing, **PRESS** the **S/S** key.
3. To RESET the Exercise Timer, **PRESS & HOLD** the **R** key.

TIP: The more frequent heart rate readings are taken, the more accurate the calories burned estimate will be.

START/STOP TIMING:
PRESS S/S

RESET:
PRESS R

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RANGES & SPECIFICATIONS

TIME
- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment

ALARM
- Daily alarm
- Alarm duration: 30 seconds

EXERCISE TIMER
- Resolution: 1 second
- Measuring range: 99 hours, 59 minutes, 59.99 seconds

HEART RATE
- Range: 40-200 beats per minute

COUNTDOWN TIMER
- Resolution: 1 second
- Measuring Range: 99 hours, 59 minutes, 59 seconds

OTHER
- Electroluminescent (EL) backlight
- Water resistant up to 50 meters
- Battery: CR 2032

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REPLACING THE WATCH BATTERY

The Sportline S7 uses a single CR2032 lithium battery.

BATTERY REPLACEMENT WILL BE REQUIRED FROM TIME TO TIME, AND SHOULD OCCUR WHEN:

1. The display fades in part or completely
2. The heart rate function will not activate
3. Backlight System does not operate
4. The Low Battery icon is visible

To replace the battery of your Sportline S7, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline S7 Heart Rate Watch, you may contact Customer Support by calling 1-866-694-4575.

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BATTERY SAFETY INFORMATION

⚠ CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of batteries in fire; batteries may explode or leak
- Do not dispose of product in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

The purpose of the crossed-out wheelie bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labelled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

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TROUBLE SHOOTING

POTENTIAL CAUSES FOR NO HEART RATE READING OR LONG RESPONSE TIME:

CAUSE: DRY SKIN
SOLUTION: Apply conductive gel thoroughly finger. Tap water may help if conductive gel is not available.

CAUSE: MUSCLE TREMORS CAUSED BY PRESSING ON SENSORS TOO HARD
SOLUTION: Decrease finger pressure on the Sensor Pads.

CAUSE: DEAD SKIN ON WRIST OR FINGER.
SOLUTION: Rub off excessive dead skin with a towel

CAUSE: A THIN LAYER OF BODY GREASE INSULATES THE ECG SIGNAL PREVENTING THE WATCH FROM DETECTING ECG HEART RATE
SOLUTION: Wipe wrist and the back of watch with a tissue or soft towel.

CAUSE: HAIRY SKIN
SOLUTION: Apply conductive gel to wrist.

CAUSE: LOW BATTERY
SOLUTION: Replace the battery in watch.

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WARRANTY

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.
If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202**
Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.
(PLEASE PRINT CLEARLY)

NAME **TEL** **STORE PURCHASED FROM**
ADDRESS **DATE OF PURCHASE**
CITY **PURCHASE PRICE**
STATE **ZIP**
PROBLEM WITH PRODUCT

REPLACEMENT
This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

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FOR PURCHASES MADE IN THE UK:
Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

EB Brands UK, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

www.sportline.com

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